

WEEKLY MAILER

Spring 2020



Congratulations to our newest Fontbonne University Graduates!

Please check out the links below to celebrate this special day!

[Congratulations Video](#)

[Fontbonne Choir Performance of the Fontbonne Song](#)

GREETINGS FROM GRIFFINS

Dear Fontbonne Students,

I think we can all agree that the 2019-2020 academic year has been a very unique experience for us. From the WiFi issue back in November to the issues due to the pandemic, we have each had to make

adjustments to maintain our physical, spiritual and mental health. During my prayer over these last few months, I saw a parallel between these events to those that our earliest Sisters of St. Joseph may have encountered as they went about serving a world in need after arriving in America in 1836. They left everything they knew in France to come to a new world and find a way to serve the dear neighbor without distinction. Isn't this what we have been about this year, finding a new way to learn without the default tool of WiFi or learning how to be connected with one another while maintain social distancing. I just want you to know that you made your CSJ foremothers proud with your commitment and dedication to remain faithful to the common good through the daily pursuit of transformative education...to become global citizens who think critically, act ethically and serve responsible. This truly has been a year! As we begin whatever is next for each of us, let us keep one another in prayer.

-Sr. Linda Markway, Director of Mission Stewardship

May God's blessing follow you all as you find new journeys to travel. May you walk safely along the pathways of your dreams.

*May God's gentle hand guide the decisions you will make and the passions that you follow.
May your hearts and lives always reflect God's love and truth,*

And may hope be a light within you that you carry into each new day. AMEN



Greetings Griffins,

I hope this message finds you and your family safe and healthy. Like most of you, I am hunkered down at home, adjusting to this new way of life. My dining room table has become my desk and I've attended countless Zoom meetings. At this point, I've completed most of the quarantine "To-Do's." I've made the banana bread, watched the *Tiger King*, and finished a puzzle. I've also been taking daily walks and reconnecting with neighbors (from an appropriate social distance of course, as seen in my picture.)

While some of sheltering in place has been fun (going to work in yoga pants is still nice), it's also been challenging. It's been difficult not to be on campus interacting with our fellow Griffins. Yet, I've been continuously impressed at the creative and innovative ways our FBU community has stayed connected. There have been online trivia nights, record setting fundraisers, faculty creating YouTube channels and leading a self-care workshop. They've all been reminders of how phenomenal and supportive the Fontbonne family is! So please, hang in there. I know we will all be together again soon.

Good luck with the end of the semester and congrats to the Class of 2020!

-Kate Flatley, Director of Alumni Relations

Book Return Information

If you need to return books to the bookstore, click the link below and follow the information about the top of the page for instructions on how to do so. You will be able to print a free shipping label in order to send your books back. The deadline for book return has been extended by 2 weeks in order to accommodate the time needed to ship.

<https://www.bkstr.com/fontbonnestore/home>

Food Pantry Resources: A Message from the Griffin Market

Though the Griffin Market is still closed we are thinking of you all and hoping you are staying safe. Attached are resources for anyone who may benefit, including yourself, as needed. This is a helpful guide from the Hope Center out of Temple University. We are in this together.

STAY CONNECTED

Fontbonne Alumni Respond to COVID-19

Check out this Fontbonne Alumni blog post with messages from alumni about how they are being impacted by COVID-19 and how they are responding to these challenging times.

<https://www.fontbonne.edu/fontbonne-alumni-respond-to-covid-19/>

Support Student Research

While exhibitions and conferences have been put on hold or canceled, we're utilizing GriffinShare to showcase student research this Spring.

Each year, Speech-Language Pathology graduate students are required to make a poster or thesis presentation on a topic of their choice, usually at the annual convention of the Missouri Speech-Language Hearing Association, which was canceled for Spring 2020. Materials from those presentations are archived here: <https://griffinshare.fontbonne.edu/slp-posters/>

Elizabeth Cowie's Public Policy and Advocacy course (FCS 485), asks students to develop public policy or regulatory advocacy plans that seek to empower others. View poster sessions based on their projects here: <https://griffinshare.fontbonne.edu/fcs-posters-2020/>

And the student Academic Exhibition is an annual event where students from departments across campus submit their work to share with the campus community at the end of each spring semester. You can view those projects here: <https://griffinshare.fontbonne.edu/academicx-2020/>

Registration is now live for GriffinTHON 2021!

GriffinTHON is going places next year and we want all of you to come with us! Our journey to raise money FOR THE KIDS in our two Children's Miracle Network of Greater St. Louis hospitals is starting now with discounted registration for all members of the Fontbonne Community. This year, we are looking to get the entire Fontbonne Family involved – so you can either join a “team” that is already established or work with your athletic team, student organization, classmates, floormates, etc. to create one of your own! Contact GriffinTHON President, Blake Klenke (wklenk00302@fontbonne.edu) with questions!

<https://events.dancemarathon.com/event/griffinthon2021>



Don't forget to connect with us on social media!
Fontbonne University: [Facebook](#) and [Instagram](#)
Fontbonne Events: [Instagram](#)

GRIFFIN SERIES OF POP CULTURE

Welcome back for another round of trivia!

Thanks to all who participated in our Griffin Series of Pop Culture!

Congratulations to our winners:

Taylor Fortner

Nia Owens

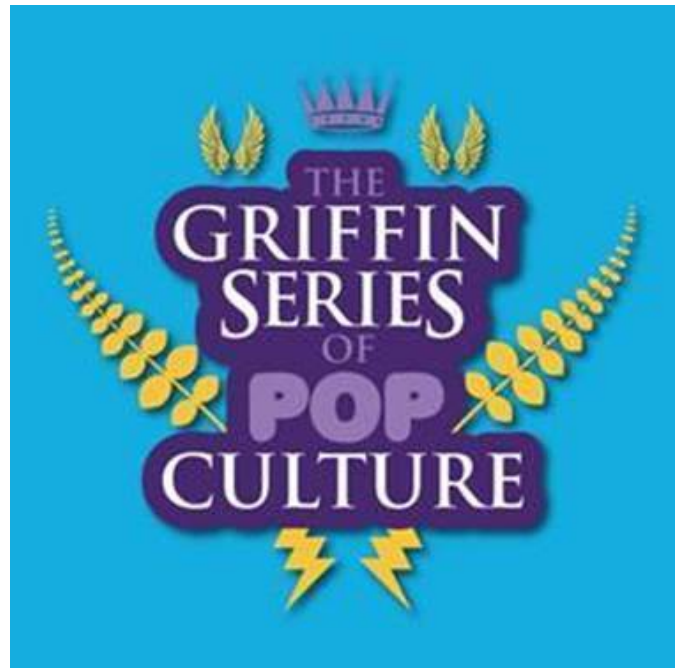
Sarah Bauman

Caitlin Ulery

Mari Torres

Jordan Sampson

Your prizes are on their way! Stay tuned for more fun coming in our summer mailer!



CAREER CORNER

Since this is the last Career Corner of the Spring Semester and we are dealing with COVID-19/Social Distancing. In this week's message I want to share with you some pointers on having a successful virtual interview.

- 1) Make sure your electronic interviewing device is fully charged.
- 2) Set your computer at eye level, look directly into the camera while speaking do not look at the screen.
- 3) Check your environment consider what people will see behind you.
- 4) Reduce background noise, place a light behind your camera to create balance from your computer camera.
- 5) Turn off your phone as well as an email or a desktop notification that may pop up and distract you from the interview.
- 6) Smile and breathe, sit up straight.
- 7) Avoid wearing busy patterns for your interview apparel.
- 8) Do a test run to ensure all technology is working such as sound and video.
- 9) Think about common interview questions and do a great job.

Until we meet again. The Career Development staff is only one e-mail away at dmoore@fontbonne.edu

LIVING OUR MISSION

Amongst these challenging times, we must continue to live our mission and serve thy dear neighbor.

Rosary Workout: Core and Sorrowful Mysteries: Let me lead you through the sorrowful mysteries of the rosary while we tone our core! I will be keeping count of each Hail Mary and giving an image and brief meditation for each mystery. <https://www.youtube.com/watch?v=yDvAiVEpCNO>

Volunteer From Home: There are volunteer-from-home opportunities (such as reading newspapers for individuals who are visually-impaired, writing grants, creating websites, calling isolated senior citizens, etc.) which can be found at <https://www.stlvolunteer.org/volunteerfromhome>. The United Way continues to update this site as more organizations are offering virtual volunteer opportunities. If a Fontbonne

Community member does not already have an STLvolunteer account, the attached document describes how to sign up!

Pause for Peace: Campus Ministry is continuing the "Pause for Peace" program via social media and email. We invite people to spend 1 min in silence to reflect on internal, local, national, and international peace from noon - 12:01 on Mondays.

Online Mass: Join us for online Catholic Mass at <https://campusministry.nd.edu/mass-worship/basilica-of-the-sacred-heart/watch-mass/> at Notre Dame or <http://www.washucsc.org/> at Washington University. Notre Dame offers Sunday and Weekly Masses. WASHU has weekly reflections and Sunday liturgies.

Stay informed about **Campus Ministry** news and events [here](#).

WEEKLY MAXIM OF THE LITTLE INSTITUTE

Father Jean-Pierre Médaille, SJ, founder of the Sisters of Saint Joseph, composed 100 short wisdom sayings as a means of growing in love of God and dear neighbor. The Maxims were both practical and inspirational.

Each week, we will discover a Maxim and offer a question for your personal reflection. As you read each Maxim, take a moment to reflect on what it means to you and what it calls you to be about this day.

This week's maxim is:

Desire to embrace the whole world with the fire of God's great dream.

What is one positive outcome for you as you reflect on your most recent experiences due to the pandemic?

Stay up to date with the most recent communications about COVID-19 and resources available to you by clicking [here](#).

**Have news to share in an upcoming issue of this mailer?
Email Janelle Julian at jjulian@fontbonne.edu by Fridays at noon.**

